

My Pride in Exchange Video and Photo Submission Instructions

Video Submissions

In your video, introduce yourself with your first name, where you are from, and the name of the program in which you participated (e.g., I am Jeremy from the United States, and I am a Fulbright English Teaching Assistant to Indonesia). We also encourage you to shape your answers around the hashtag of this campaign, **#mypride** (e.g., My pride in my exchange program comes from...)

Please answer one or all of the questions below in your video:

- (1) What does having pride in your exchange experience mean to you?
- (2) What would you recommend to someone who might be concerned how their sexual orientation or gender identity could affect their exchange program experience?
- (3) Describe an important moment from your exchange program in relation to your sexual orientation or gender identity.
- (4) In you have completed your exchange program, how have you shared your exchange experiences upon your return home?

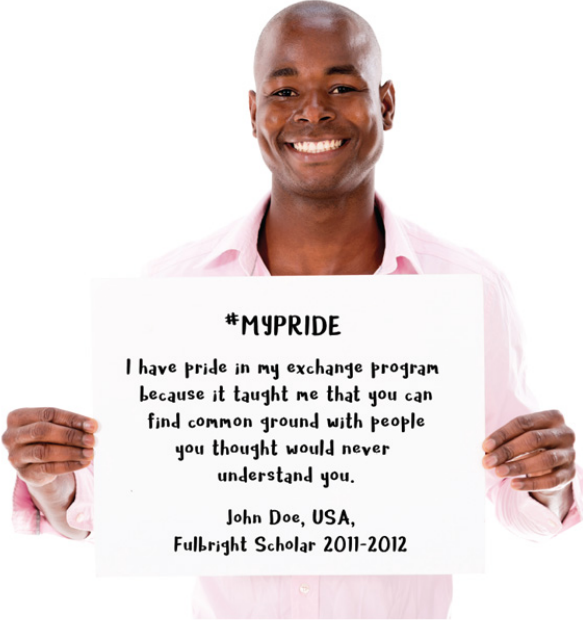
Videos must be no longer than 45 seconds.

Send video (.MOV, .MP4 or .WMV) to mypride@state.gov by **May 29, 2016 11:59PM EDT**

Photo Submissions

Write on a blank sign why you have pride in your exchange program experience. Be sure to include the hashtag **#mypride**, your name, country and exchange program you participated in. Take a photo of yourself holding a sign and email it to mypride@state.gov by **May 29, 2016 11:59PM EDT**.

Examples





#MYPRIDE

I have pride in my exchange program because it taught me that you can find common ground with people you thought would never understand you.

John Doe, USA,
Fulbright Scholar 2011-2012

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Exchange Programs

Share your story
mypride.state.gov



#MyPride in my exchange program is in the people I met. It didn't matter what gender, race or sex I was - I was treated like a human .

Cynthia, Brazil,
Teaching Fellow
2013

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